



THE TIMES OF INDIA

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TODAY'S EDITION

► Inspiring people from the field of books, art, sports, science, politics, and MORE
PAGE 2



► 'Good Luck Jerry' is a must-watch family drama to know how families click PLUS: Gardening with Dad
PAGE 3



► Sportspeople who retired early for better work-life balance
PAGE 4



STUDENT EDITION
SATURDAY, AUGUST 6, 2022

LATEST BUZZWORDS EXPLAINED

Skinimalism

The latest in social media-led beauty trend is skinimalism or skin minimalism. But this isn't your average beauty trend. It's not a make-up or hair tutorial or getting groomed, instead this trend is all about less is more – buying less, wearing less and using less and is even backed by dermatologists. In layman's terms, skinimalism is a trend that is essentially all about loving the skin you're in and letting that be the focus rather than hiding behind layers of makeup. It's more skincare but using a minimal approach to it – so no Korean 10-step routine, no big shelf of products and definitely no complicated procedures. It's about being real too and that means no hiding your perceived "flaws" such as natural freckles and instead allowing your natural features and complexion be your hero look. Part of skin minimalism puts a focus on utilising products that really benefit the skin so you don't feel the need to cover up or wear as much make-up. The practice of reducing the number of products you use on your face sits within the theory that your skin will then have the ability to repair and rejuvenate on its own.

CLICK HERE: PAGE 1 AND 2

TRIVIA TIME

Handloom, as the name suggests, is made by hand. The handloom industry is the second largest employment sector after agriculture in rural India – it has more than 4.3 million people involved either directly or indirectly. There are about 2.4 million looms of different kinds that power the industry. There are basically three different kinds of looms that weavers use manually. They are the pit looms, stand loom

and frame loom. Almost 15% of cloth production in the country comes from the handloom industry. Indian Handloom dates back to the Indus valley civilization. Fragments of finely woven and madder-dyed cotton fabrics and shuttles were found at some of the excavated sites of Mohenjodaro. Even in ancient times, Indian fabrics were exported to Rome, Egypt and China.

India is the second-largest exporter of handloom products in the world. India is the only country in the world producing all four commercially known silks – mulberry, tussar, eri and muga.

Pics: Istock



WEAVES TO BIND THEM ALL

August 7 is observed as National Handloom Day – a day to honour the handloom weavers in the country and to celebrate the art of weaving. We tell you some interesting facts about the day

1 The day celebrates India's rich handloom heritage. The date August 7 was chosen to commemorate the Swadeshi Movement that was launched on this day in 1905 in the Calcutta Town Hall to protest against the partition of Bengal by the British

Government. The objective of the movement was also to revive domestic products and production processes. It honours the contributions of the handloom weaving community in the socio-economic development of India.

The government introduced the National Handloom Day to stimulate and acknowledge weavers and local artisans. This year marks the 8th edition of this important event.

2 It was first observed in 2015 by the Central government and the Prime Minister Narendra Modi celebrated the first National Handloom Day in Chennai.

3 In order to celebrate the day, Ministry of Textile have set up Handloom Craft Villages in three

So far, 65 handloom products and 6 product logos are registered under Geographical Indications (GI) of Goods Act, 1999. Among the more prominent ones are: Banarasi, Muga silk of Assam, Kullu shawl, Kani shawl, Uppada Jamdani from Andhra and more

FASCINATING FACTS ABOUT INDIAN HANDLOOMS

■ A kani shawl, made from pashmina wool, is woven in numerous colours with help of Tuji (spool) & coded instructions called Talim. Two craftsmen can complete a Kani Shawl within 2-3 Years and in some cases it even stretches to 5 long years

■ Made from very fine silk and real zari, Paithani is one of the costliest sarees from Maharashtra

■ In ikat, threads are tied and dyed before weaving on loom. Ikat is woven in several parts of the country but Odisha is the main hub.

■ The roots of Kanjeevaram sarees trace back to the town of Kanchi or Kanchipuram of Tamil Nadu. The sarees are so elaborate that they take anything between 10 to 20 days, even six months at times to be woven

■ Bandhani gets its name from the Sanskrit word 'bandh' which means 'to tie' and is one of the most popular textile arts of India and is most popularly practiced in Gujarat and Rajasthan. The authentic bandhani features square or round motifs – the more intricate your tie and dye the more authentic your bandhani

■ One of the most prominent features of Andhra Pradesh, Kalamkari is a kind of hand painted or block painted textile art that dates back to the

Indus Valley Civilisation. With a history of 3000 years, Kalamkari is known to have evolved during the Mughal era. The skilled artisans of Venkatagiri, Pochampally and Gadval continue to work on Kalamkari prints

■ Pure zari is made with 98.5 per cent silver and plated with 24-carat gold. The oldest reference for fabric made with gold is found in the Rig Veda from more than 3,000 years ago

■ An ideal Banarasi saree contains 5600 thread wires – and a single design requires hundreds of perforated cards to implement it. Depending on design, a banarasi weave can be classified into various categories: Jangla, Tanchoi, Vaskat, Cutwork, Tissue, Butidar.



even more comfortable for people with lower back pain and neck pain if they support their knees with a blanket in between or a pillow. This helps provide support to the hips and pelvis. The spine is the least supported while sleeping on the stomach. Additionally, sleeping in a prone position increases the pressure on the spinal tissues which could lead to pain upon waking.

PROMOTES BRAIN CLEANSE

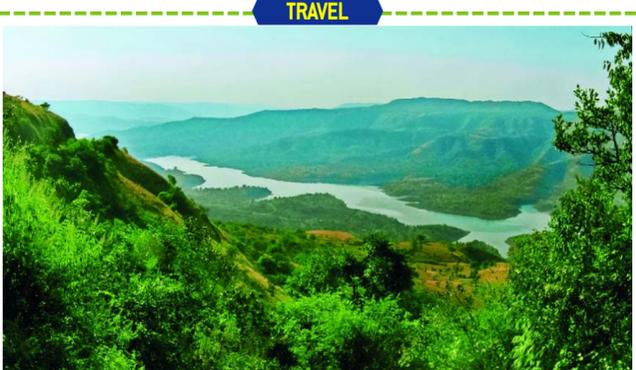
Our bodies' lymphatic systems are crucial contributors to immunity and circulation. Sleeping on your left means that lymph fluid and waste have a better chance of draining out because the lymphatic system works mainly from the left side. This kind of drainage also helps your brain remove waste. And who doesn't want that? This brain cleanse may help reduce your risk of developing Alzheimer's, Parkinson's, and other neurological diseases

BETTER BODY FUNCTIONING

Your stomach and pancreas are both located on your left side. Without going into too much detail, sleeping on the left allows gravity to speed up digestion by moving food faster through your intestinal tract as well as by helping pancreatic enzymes (that help with digestion) be released at the right time.

REDUCES SNORING OR SLEEP APNEA

Sleeping on your side keeps your tongue from falling into your throat and partially blocking your airway. If side sleeping doesn't alleviate your snoring or you suspect you have untreated sleep apnea, talk to your doctor to find a solution that works for you. Having said that, this position is not recommended for people with pre-existing conditions that include Carpal Tunnel Syndrome, heart disease, glaucoma or sleep apnea, so do check in with your doctor. Changing the way you sleep is one part of a holistic solution to improving your health parameters, but if you've tried everything and still aren't seeing much of a difference, then maybe this could change your life.



TRAVEL

IT IS RAINING OFFBEAT GETAWAYS

Lesser-known monsoon destinations in Maharashtra

Tapola

A quaint hamlet near Mahabaleshwar, Tapola is known for its mesmerising scenic beauty. With its magnificent lake, lush greenery and seasonal waterfalls, it is known as the 'mini Kashmir' of West India. The main attraction here is the Shiv Sagar Lake that serves as a reservoir for the Koyana dam, which is one of the biggest dams in the state. Adventure enthusiasts can enjoy water sports like swimming, boating and kayaking. One can also climb or trek up forts like Vasota and Pratapgad or Valour Fort. Nature lovers can venture into the jungle and observe native wildlife, birds and insects. Koyana Wildlife Sanctuary, a World Heritage site, is closely located. During monsoon, it is covered in a blanket of lush greenery peppered with pretty wildflowers, giving a surreal experience. It is also known for its Gerbera farms and strawberry fields. One can visit the farms to relish fresh strawberries and revel in the sights of beautiful Gerbera flowers in the farm. Kas Pathar or also known as Kaas Plateau, at a distance of 50 km from Tapola, is popularly known as valley of flowers and is one of the most exquisite attractions in Maharashtra.

With a range of activities like mountaineering, trekking, hiking, Jawhar offers enough adrenaline rush to enthrall every traveller

Suryamal

Located near the quaint village of Khodala, Suryamal is the highest peak in Thane district of Maharashtra. Suryamal Peak offers a sight to behold and spin you into a peaceful trance. The place is rich in valleys and lush forests which is a treat for nature enthusiasts and for those who wish to experience nature at its best. It is a paradise for trekkers as it offers perfect spots for trekking and hiking. A short distance from here is the Amala Wildlife Sanctuary which is home to many rare varieties of flora and fauna. Deoband temple, dedicated to Lord Ganesha, located amidst the Sahayadri ranges, offers enthralling views of the surroundings.

Jawhar

It is a quaint hill station surrounded by lush and majestic Sahayadri ranges, located in the Palghar district. Blessed by nature with abundant picturesque dense green trees, exotic valleys and pleasant climate, it has strong cultural ethos and a history that dates back to the 14th century. Founded in 1306, Jawhar was ruled by the Munkde dynasty and served as camping point for Maratha king Shivaji and his army en route Surat. It is known for its tribal communities like Warli, Kolcha, and Kukana, and the notable Warli paintings depict scenes from everyday life of the Warli people and are traditionally drawn with white on red background. The monsoons are the best time to visit.

What's your SLEEPING STYLE?

Left-side sleeping has the most expert- and science-backed health benefits

Supriya.Sharma2@timesgroup.com

Have you ever thought about how you sleep? Are you a star-fisher, a spooner or a tummy sleeper? Or on your back ramrod straight like you were standing up while lying down? Did you know that the way you sleep could affect your health? Believe it or not, for many health conditions, there is a right way to sleep and a wrong way to sleep. And the right way is on your left. A popular Ayurvedic practice, sleeping on your left side has been associated with a host of benefits.

LESS ACID REFLUX

Heartburn – or

acid reflux – occurs when the valve at the end of your oesophagus (your food pipe) opens at an incorrect time, letting stomach acid accidentally travel upwards, leading to the reflux. Not only have studies suggested that sleeping on your left helps the condition, but that sleeping on your right worsens it. This could be because by being further away from the oesophagus, favouring the left helps lower the level of gastric juices.

BETTER DIGESTION

If constipation is an issue for you, sleeping on your left will help ease the passage.

Gravity enables the small intestine to push waste from left to right, which is where the large intestine is located. The waste then gets automatically pushed to the lower colon, doing wonders for your bowel movements in the morning.

EASY ON THE SPINE

Side sleeping is considered healthy for several reasons because it keeps the spine aligned and relatively neutral. It is

TIPS FOR SIDE SLEEPING

1. Find a pillow that fits your collarbone structure
2. Place a firm pillow between your knees to stack your hips and support your lower back
3. Make sure the pillow is firm enough to avoid collapse
4. Hug a pillow as well so that you have a comfortable place to rest your top arm
5. Keep your arms parallel to each other and at or below your face



NUTRITION

May the BEST DRINK win...

How do tea and coffee compare? While both beverages are loved by their respective drinkers, does one have more benefits?

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Caffeine is fine only as long as it's had in moderation, drinking too much of it can lead to jitters, anxiety, high blood pressure, dehydration and insomnia. When compared side by side, it turns out that most coffee beverages are higher in caffeine than tea—even in the case of certain decaf brews. While cold brew and latte top the list with 96 mg and 86.4 mg caffeine respectively, Green Tea scrapes the bottom with 28.8 mg caffeine and Decaf Coffee with 0 to 15 mg caffeine. The only brew with no amount of caffeine

in it is herbal tea.

HEALTHIER THAN THOU

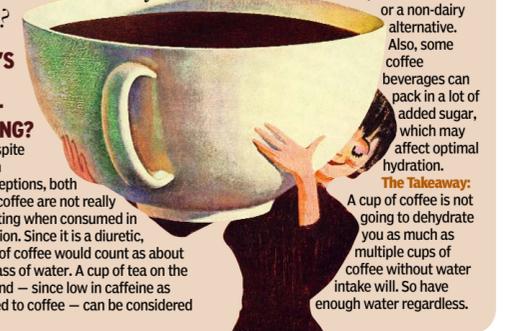
Coffee and tea both can be anti-inflammatory because of their antioxidant content. Along with antioxidants, coffee also has beneficial impacts on brain health, fatty liver, diabetes, and metabolic syndrome. Tea also has many health benefits, from soothing nausea to managing headaches and easing digestive discomfort. While both are good for the brain, heart and metabolism, tea gains an edge with its relaxing powers.

WHAT'S MORE DEHYDRATING?

Well, despite common misconceptions, both tea and coffee are not really dehydrating when consumed in moderation. Since it is a diuretic, one cup of coffee would count as about half a glass of water. A cup of tea on the other hand – since low in caffeine as compared to coffee – can be considered

equal to three-quarters of the volume of water. Please note that different types of coffee and teas will have different effects on hydration levels. Black coffee or tea, for example, will be less hydrating than a latte or a cup of tea with milk or a non-dairy alternative. Also, some coffee beverages can pack in a lot of added sugar, which may affect optimal hydration.

The Takeaway: A cup of coffee is not going to dehydrate you as much as multiple cups of coffee without water intake will. So have enough water regardless.





Verse Case

The Poet Laureate during much of Queen Victoria's reign, Tennyson holds the distinction as the ninth-most quoted writer in 'The Oxford Dictionaries of Quotations'

ALFRED TENNYSON
BIRTHDAY: AUG 6, 1809

Alfred Lord Tennyson was known as the most renowned poet Laureate of Ireland and Great Britain of Queen Victoria's reign. Tennyson was a superb craftsman in verse and excelled at penning short lyrics, for example, "Break, Break, Break," "Crossing the Bar," "Tears, Idle Tears," and "In Memoriam". Although described by some critics as overly sentimental, Alfred Tennyson's early poetry, with its medievalism and powerful visual imagery, was a major influence on the Pre-Raphaelite Brotherhood. A number of phrases from Tennyson's work have become commonplace in the English language, including "Tis better to have loved and lost / Than never to have loved at all", "Their not to reason why, / Their but to do and die", "Knowledge comes, but Wisdom lingers" and many more such gems.

Tennyson attended the Louth Grammar School in 1816

T S Eliot described Alfred as "the saddest among all English poets"

Influenced by a second-generation Romantic poet, John Keats, Tennyson (unlike the Romantics) brought in a culture of mourning to poetry typified by Queen Victoria's long period of grief following her husband Prince Albert's death

till 1820. Then, he got a graduation degree from Scitcliffe School, Trinity College, Cambridge, in 1827. Here he met with his close friend Arthur Henry Hallam, who helped him in his first publication in 1827 called "Poems by two brothers." He got the Chancellor gold medal in 1829 at Cambridge for his piece "Timbuctoo." He stopped writing after the publication of his second book.



I Spy...

MATA HARI
BIRTHDAY: AUG 7, 1876

Margaretha Geertruida MacLeod, better known by the stage name Mata Hari, was a Dutch exotic dancer and courtesan who was convicted of being a spy for Germany during World War I. According to statements that Mata Hari supposedly made, she had agreed to act as a French spy in German-occupied Belgium and did not bother to tell

French intelligence of her prior arrangement with the Germans. Professor Pat Shipman, a noted scholar and biographer of Mata Hari, stated she believed Mata Hari was innocent and condemned only because the French Army needed a scapegoat. She was executed by firing squad in France. In the years following her death, Mata Hari became the subject of numerous books and movies. As more information was uncovered, doubts arose over her guilt. The German government publicly exculpated her in 1930, and the French dossier documenting her activities reportedly indicated her innocence. In 2017 France released various documents relating to Mata Hari, and they led many to believe that she had been a scapegoat of French officials. She's been portrayed as a femme fatale archetype and one of history's greatest spies, and her life has inspired films, musicals, a ballet and books, including Paulo Coelho's recent 'The Spy: A Novel of Mata Hari'.

POP GOES THE ART

ANDY WARHOL
BIRTHDAY: AUG 6, 1928

Born on August 6, 1928, as Andrew Warhol, the artist grew up in an Eastern European household. His parents had emigrated from Slovakia, and settled in Pittsburgh, Pennsylvania. His family's strong cultural ties and heritage shaped his formative years. Andy suffered from an illness that kept him bedridden called

classmate. Soon he became the most successful and well-paid commercial illustrator in New York. Warhol liked to use bright colours and silk screening techniques. He liked using screen printing to mass-produce artworks based on photographs of celebrities. His screen-printed pictures of Marilyn Monroe, soup cans, and dramatic newspaper items became instantly associated with Pop art. **FUN FACT:** In 1973, he began storing material from his daily life in plain cardboard boxes dubbed Time Capsules, like letters, newspapers, childhood things, and old plane tickets and food.

The idea is not to live forever; it is to create something that will

SCIENCE OF PEOPLE

Decoding body LANGUAGE

Your facial expressions, gestures, posture, and tone of voice are powerful communication tools. Here's how to read and use body language to build better relationships

Body language refers to the nonverbal signs that we use to communicate. According to experts, these nonverbal signals make up a huge part of daily communication. From our facial expressions to our body movements, the things we don't say can still convey volumes of information. It has been suggested that body language may account for between 60 to 65% of all communication.

Body language can be broken down into 2 major categories—positive or open body language, and negative or closed body language. All of your nonverbal behaviours—the gestures you make, your posture, your tone of

voice, how much eye contact you make—send strong messages. They can put people at ease, build trust, and draw others towards you, or they can offend, confuse, and undermine what you're trying to convey.

The Duchenne smile is a smile characterised by the "crow's feet" wrinkles around the corners of the eyes along with upturned corners of the mouth. This is a real smile. When you see a Duchenne smile, this likely indicates genuine happiness

Here's what to look for when you're trying to interpret body language.

1 The expression on a person's face can even help determine if we trust or believe what the individual is saying. One study found that the most trustworthy facial expression involved a slight raise of the eyebrows and a slight smile.

2 The eyes are frequently referred to as the "windows to the soul" since they are capable of revealing a great deal about what a person is feeling or thinking. When a person looks directly

into your eyes while having a conversation, it indicates that they are interested and paying attention. Blinking is natural, but you should also pay attention to whether a person is blinking too much or too little. Infrequent blinking may indicate that a person is intentionally trying to control his or her eye movements.

3 We communicate a great deal through touch. Think about the very different messages given by a weak handshake, a warm bear hug, a patronising pat on the head, or a controlling grip on the arm, for example.

4 Posture tells the story. Have you ever seen a person walk into a room, and immediately, you have known that they were the one in charge? Standing up straight with your shoulders back is a power position; it appears to maximise the amount of space you fill. Slouching, on the other hand, is the result of collapsing your form; it appears to take up less space and projects less power.

5 A clenched jaw signals stress. A clenched jaw, a tight neck, or a furrowed brow are all signs of stress. Regardless of what the person is saying, these are signs of considerable discomfort.

NEWSMAKERS OF THE WEEK

THE GOLDEN TRIO: MIRABAI CHANU, JEREMY LALRINNINGA, ACHINTA SHEULI

LIFTING OUR SPIRITS

KICKING OFF THE INDIAN CAMPAIGN AT THE COMMONWEALTH GAMES IN FLYING COLOURS THESE THREE SPORTSPERSONS DID ALL THE HEAVY LIFTING

Three people, three gold medals, one sport. The weightlifting 'legends in the making' of the Indian CWG squad made all of us proud. One already had high hopes from MIRABAI CHANU who has been a constant winner on international stage, and she didn't disappoint. On July 31, Chanu lifted a total of 201 kg – 88 kg in snatch and 113 kg in clean and jerk – to create a new CWG record as well as her own personal best.

Story goes that the family of Saikhom Mirabai Chanu identified her strength when she was just 12, when they noticed how she could easily

carry a huge bundle of firewood home when her elder brother found it hard to even pick it up! Coming from a humble background, she decided to follow her sporting dreams. Her mother says that she wanted archery first but was too short for it. She then started training for weightlifting at the Sports Academy in Manipur and to get there she hitched rides with truck drivers carrying sand. After winning the Olympic medal, she invited the truck drivers to offer her gratitude. A humble and hardworking person, Chanu is now aiming for Paris 2024.

Following soon in her path

were lifters JEREMY LALRINNINGA and Achinta Sheuli. Theirs' like Chanu's is a story of guts and glory. Hailing from modest homes, a story of struggle, but more so of triumph – a win against all odds. Lalrinnunga created history by winning a gold medal with a record-breaking combined lift of 300 kg in men's 67 kg category. The 19-year-old weightlifting sensation from Aizawl won a gold medal at the Youth Olympic Games in 2018 in Buenos Aires, and he promised himself that he will continue his golden run for the nation. He fulfilled it here – all this in spite of a muscle cramp in his first two attempts. "I didn't follow the other lifters. I was almost crying in pain (due to the elbow pain after a failed attempt). The pain was just too much. I was down on the floor and slowly asked my coach Vijay sir if I had won the gold medal. I was in tears. He said we have won a gold medal and he smiled. I smiled and closed my eyes. His words almost took the pain away completely. When I finally stood up, I hugged him,"

an emotional Jeremy shared with TimesofIndia.com.

From stitching and embroidering to augment his family's income to breaking into the CWG-bound weightlifting squad, a young ACHINTA SHEULI realised a father's last wish and an elder brother's unfulfilled dream to win India's third gold medal at the Birmingham CWG on Sunday night by lifting a sensational 313kg overall for a Games record in the men's 73kg division. The 20-year-old from West Bengal's Deulpur village in Howrah district twice bettered the Games record in both the snatch and clean & jerk and then finished with a record total lift of 313kg to make a memorable debut on the CWG stage.

For Achinta, the necessity to win a CWG medal was more personal. It allowed him to repay the faith shown in him by his elder brother Alok, who sacrificed his fledgling weightlifting career to look after the family following the untimely death of their father, Jagat, a rickshaw-puller and a part-time labourer. His mother, Purnima, took to stitching and embroidery after his husband's death while Alok joined a local gym as a trainer. Achinta helped his mother with her embroidery work and delivering orders, while accompanying his brother to the gym for casual workout sessions. Alok saw a spark in Achinta and enrolled him in his gym as a member, only to later introduce him to weightlifting to realise his unfulfilled dreams. "I have worked hard for this medal. A lot of sacrifices of my brother, mother, my coach and the Army have gone into this medal," Achinta said after the win.



COURTING SUCCESS

Roger Federer with his effortless game and off the court charm adds a special sheen to the gentleman's game

ROGER FEDERER
BIRTHDAY: AUGUST 8, 1981

A player like Roger Federer is very rare, right from his talent and success on the court to his good demeanour and unadorned, family guy image off court. He has ruled the tennis court for almost 14 years now with grace, in the process becoming possibly the greatest player of all-time.

1 Federer has said on multiple occasions that his love for tennis came from watching his idols Boris Becker and Stefan Edberg in action. His website also names Pete Sampras as another idol. Experts have noted that there are similarities between his game and the playing style of the ones he considers his role models.

2 Regarded as the most graceful player ever to have played tennis, his success is due to his ability to work hard and not just rely on his natural talent. He reached the semi-finals of 23 Grand Slam tournaments in a row, more than twice the number achieved by the next man on the list, Ivan Lendl.

3 Looking at his calm demeanour, it's hard to believe that Federer was angry and emotional as a youngster playing tennis. But as a teenager, he had trouble controlling emotions on the court. He would whine at bad calls, slamming balls in anger, argue with his father and on the odd occasion, has been seen sending his racket flying across the court. It was the shocking death of his mentor and coach, Paul Carter that was the turning point in his career. Carter would always tell him to control his temper and be polite and gracious.

4 Federer has attributed his quick reflexes as a tennis player to the fact that he played multiple sports as a child. He is an ace swimmer and also was an accomplished footballer. Though because of his tennis commitments, he had to give up all other sports.

5 He likes to play the piano and the flute in his spare time. He learned piano as a child and is said to be quite accomplished, though he has never performed publicly. He played the flute at the Lucerne festival.



STAMPED!
Switzerland's postal service released a one franc stamp of his Wimbledon win in 2007

BOOKED FOR LIFE

We are all familiar with the works of Enid Blyton but do you know the person behind the writer...

ENID BLYTON
BIRTHDAY: AUG 11, 1897

Enid Blyton was an English children's writer, whose books have been worldwide bestsellers since the 1930s, selling more than 600 million copies. Following the commercial success of her early novels, such as Adventures of the Wishing-Chair (1937) and The Enchanted Wood (1939), Blyton went on to build a literary empire, sometimes producing 50 books a year, in addition to her prolific magazine and newspaper contributions.

1 Enid Blyton's first published book was 'Child Whispers'. It was a book of poetry and came out in 1922. She was still working as a teacher at this point, and wrote in her spare time.

2 The sheer volume of her work and the speed with which she produced it led to rumours that Blyton employed an army of ghost writers.



3 Blyton's work became increasingly controversial among literary critics, teachers, and parents beginning in the 1950s, due to the alleged unchallenging nature of her writing and her themes, particularly in the Noddy series. Some libraries and schools banned her works, and from the 1930s until the 1950s the BBC refused to broadcast her stories because of their perceived lack of literary merit. Her books have been criticised as elitist, sexist, racist, xenophobic, and at odds with the progressive environment that was emerging in post-War Britain.

4 Enid Blyton sometimes wrote under the pseudonym Mary Pollock. Despite being a well-loved writer, it seems that Enid Blyton wasn't a very pleasant person. Her daughter, Imogen, said Blyton was "arrogant, insecure and pretentious".

5 Enid Blyton wrote her books on a typewriter perched on her lap. She claimed that she didn't plan her stories in advance, allowing her imagination to take her from the beginning of a book to the final scene. She was able to write 10,000 words of publishable story in one day!

6 Enid Blyton has been in The Guinness Book of Records as one of the world's biggest selling writers. She also holds the record for most books written by any writer (about 700).

NOT JUST THE CAT

One of the most influential thinkers and scientists of our times, he made huge advancements in quantum physics that have helped change and define the way we look at the world

ERWIN SCHRÖDINGER
BIRTHDAY: AUGUST 12, 1887

Erwin Rudolf Josef Alexander Schrödinger was a Nobel Prize-winning Austrian-Irish physicist who developed a number of fundamental results in quantum theory. He wrote many works on various aspects of physics: statistical mechanics and thermodynamics, colour theory, and more. Yet, most remember him for his thought experiment as "Schrödinger's cat". We tell you more...

1 Spending most of his life as an academic with positions at various universities, Schrödinger along with Paul Dirac won the Nobel Prize in Physics in 1933 for his work on quantum mechanics, the same year he left Germany due to his opposition to Nazism.



supervision of his mentor, Fritz Hasenöhr, he was awarded his PhD in physics at the remarkably young age of 23.

3 Let's talk about Schrödinger's cat now. This was a thought experiment that was first thought up in 1935. In simple terms, Schrödinger stated that if you place a cat and something that could kill the cat (a radioactive atom) in a box and sealed it, you would

not know if the cat was dead or alive until you opened the box, so that until the box was opened, the cat was (in a sense) both "dead and alive". This is used to represent how scientific theory works. No one knows if any theory is right or wrong until said theory can be tested and proved.

4 At a young age, he declared that he was an atheist, and yet he showed a keen interest in Eastern religions and pantheism. He was a particular believer in the Hindu Vedanta philosophy.

5 His most influential contribution was The Schrödinger Equation – a linear partial differential equation that is used to describe the wave or state function of a quantum-mechanical system. Her made the discovery in 1925 which made significant advancements in the area of quantum physics possible.

One thing named after him is quite literally out of this world – a crater on the dark side of the moon that is officially known as 'large crater Schrödinger'